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Q Recently I have been experiencing knee pain and my doctor says that this is due to obesity (I weigh 100 kg) and has advised me to lose about 30 kg. I am also unable to exercise because of the knee problem. Can I lose this weight using liposuction? I am 45 years old and 5' 4" tall.

ASHOK MUKHERJEE,
KOLKATA

A Liposuction can remove large amounts of fat and dramatically improve the body shape. But this surgery is primarily for body contouring, though some amount of weight loss does occur.

Since weight loss is your only aim, and you want to lose 30 kg, liposuction is not the procedure of choice. This kind of weight loss can be brought about by bariatric surgery (gastric banding, gastric bypass, etc). You should consult

a good bariatric surgeon and find out details. A good diet and exercise are important even after a bariatric surgery.

For people with knee problems, swimming is a great way of increasing physical activity and ensuring good health.

Q I am interested in getting breast implants and have done some research on the Net. But this has further confused me. Many surgeons use saline implants, while others advocate silicon gel implants. Also, some surgeons prefer placing the implants below the gland, while others like to place them below the muscle. What do you advise? I am 33 years old.

RAJSHREE PODWAL, PUNE

A I really appreciate your efforts to do research before choosing a procedure. There is no 'absolutely correct' method which can be applied to all patients. Each case has to be assessed individually and a customised plan made.

As far as implants are concerned, silicon gel implants have a big advantage with regards to look and feel. And now that these have even been approved by US Food and Drug Administration (FDA), saline implants do not seem to have any

distinct advantage. The location of the implant depends on the amount of breast tissue you already have. This can only be assessed clinically. Placement could be below the gland, below the muscle or 'dual plane' (upper half below the muscle and lower half below the gland). A surgical plan drawn, based on your preference and body characteristics, and executed with skill is the best way to ensure a happy outcome.

Q I have consulted many doctors regarding liposuction and have been told that if I put on weight after the surgery, the fat collects in other areas. Is this true? If so, then what's the point in undergoing liposuction?

ANITA DIAS, PANAJI

A You have got the right information. Compliance with a healthy lifestyle after liposuction is important. If you are afraid of putting on weight after the surgery, it means that you are unsure about your own commitment towards maintaining your weight. As I have often said, liposuction will get rid of the resistant fat deposits and get you into a better shape. From then on, you have to ensure that you do not put on weight. This

is not difficult. A calorie-restricted diet and regular exercise should help you stay in shape.

If you are considering liposuction, it will help to be in a positive frame of mind. Once you see your new body shape, the motivation level for staying in shape is bound to go up.

Q I live in Kenya and am considering getting a face lift done either in London or Mumbai. I have relatives in Mumbai, and would hence prefer to get it done there. But I am unsure about the level of hygiene and care. Can you give me an unbiased opinion?

NILUFER D

A There is a rising tide of overseas patients coming to India seeking superlative medical care. The swelling numbers are not limited to expatriates, but also foreigners who are coming here for reasons other than affordable cost. The level of expertise, warm care and world-class facilities are all compelling reasons for the growing demand. In fact, we even impart training to young doctors from abroad. My unbiased advice to you would be to get world-class medical care and "uniquely Indian" hospitality here. **F**